

Stress and its coping Mechanism

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Modern life is full of stress. As organizations become more complex, the potential for and the amount of stress increases. Urbanisation, industrialization, and the increase in scales of operations are causing increasing stresses. These are the inevitable consequences of socio-economic complexity. People feel stressed as they can no longer have complete control over what happens in their life. The telephone goes out of order, the power is shut off, the water supply is disrupted, an expected promotion is denied, a son or a daughter does not do well in school, prices of essential commodities increase disproportionately to the income, and so on and so forth-and we feel frustrated and then stressed out.